

# Senior Services

## Join Us for Fun, Fitness and Friendships

Spend the day at the Senior Center and you'll discover a variety of activities and amenities to serve you, or the special older adults in your life. We're your single resource for independent living, health and fitness, and social connections.

## Senior Commission

The Carlsbad Senior Commission, a City Council appointed advisory board, meets at the Center the first Thursday of each month at 3 pm. The Commission offers input to the City Council on any issues pertaining to older adults. The public is welcome.

## Your 50th Wedding Anniversary

... can be acknowledged by a Proclamation from the City of Carlsbad and presented by a City Official. Call 602-4650 for more information.

## Volunteer Opportunities

Looking for a way to help others and perhaps yourself? Consider one of several positions available in our dining/nutrition program. We are looking for responsible persons to assist with the service of meals, in the dining room or kitchen, as well as drivers for home meal deliveries. We will keep you busy for about two hours and you will be providing a valuable service to the community! Call 602-4650.

## Ongoing Activities

Call the Senior Center at 602-4650 for more information, or visit [www.CarlsbadConnect.org](http://www.CarlsbadConnect.org), click on Senior Services, for a complete Activities Calendar. Activities, rooms and times subject to change.

## Arts & Crafts

*Also see Class listings on following pages.*

**Crafti-Crafters:** Fridays, 8:30-11 am

**Drawing Class:** Tuesdays, 10 am – 12 noon. Suggested \$5 donation for materials.

**Mixed Medium:** Fridays, 12:45-2:45 pm. There will be a materials fee.

**Needlecraft:** Tuesdays, 8-11 am

**Watercolor Class:** Thursdays, 9-11:15 am. Bring your own supplies.

## Computer Room

*Also see Computer Class listings on following pages.*

**Open Lab:** Hours vary; current schedule available at Senior Center Front Desk, or call 602-4650 for more information. Volunteers are available to assist with computer usage. Free.

**PC Users Group:** Meetings on 2nd, 3rd and 4th Thursdays from 2-4 pm. Free.

## Dance

**Country Line Dancing:** No partners necessary. \$1 donation requested.

**Beginning:** Mondays, 12:30-1:30 pm

**Intermediate/Advanced:** Tuesdays, 9:30-11 am.

**Ballroom Dance Lessons:** 3rd and 4th Thursdays, 1-2:30 pm. No partners are necessary. \$5 donation requested.

**Hawaiian Dance:** \$5 donation requested.

**Beginning/Intermediate:** Wednesdays, 2:30-4:30 pm

**Intermediate/Advanced:** Fridays, 12:45-2:45 pm

**International Folk Dancing:** Mondays, 1-2:30 pm

**Jazz and Tap Dancing:** Fridays, 3-4:15 pm

**Middle Eastern Dance:** Thursdays, 9-10:30 am. \$5 suggested donation.

*See also Monthly Dances under Social Gatherings.*

## Fitness

*Also see Class listings on following pages.*

**Fitness Room:** Memberships include an orientation session. Annual, quarterly, monthly and day use rates are available. Visit the Senior Center front desk to sign up.

**Laughter Yoga:** Wednesdays, 10:30-11:30 am. \$5 suggested donation.

**Low-Impact Aerobics with Carl Grubbs:** Thursdays, 8:30-9:30 am. \$2.50 donation requested.

**Soccer Golf:** Tuesdays, 9:30-11:30 am. A great social game, all levels of physical ability welcome. Involves light walking on grass, minimal eye/foot accuracy and the ability to have a good time.

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**Yoga:** A \$3 donation is requested.

**Level I Beginning/Gentle:** Mondays, 3-4:15 pm

**Level II Intermediate:** Mondays, 3-4:15 pm

**Level III Intermediate/Advanced:** Thursdays, 10-11:15 am

### Games

**Bingo:** Tuesdays, 12:30-4 pm. Doors open at 12:30 pm. Play for cash prizes. Bingo Game Packets stop selling at 1 pm. Games begin at 1:15 pm. Sponsored by the Carlsbad Senior Citizens Association.

**Mah Jongg:** Tuesdays and Wednesdays, 8:30 am – 12 noon

**Party Bridge:** Fridays, 12:30-4 pm. Seating is limited to first come, first served. 50¢ fee per game

**Pinochle:** Wednesdays, 1-4:30 pm

**Scrabble:** Fridays, 1-4 pm

### Hobbies & Personal Enrichment

*Also see Class listings on following pages.*

**Discussion Group:** 1st, 3rd and 5th Fridays, 9-11 am

**Cooking Class:** Last Wednesdays of each month, 3-4 pm. Reservations required; call 602-4650. \$5 materials fee.

**Five-in-One-Joy Class:** Wednesdays, 2-3:30 pm.

**Senior Readers Theater:** 1st and 3rd Mondays, 1-3 pm. Readers Theater is telling stories using a script. No need to memorize your part.

#### Spanish Classes:

**Level I:** for newcomers and beginners, emphasis on pronunciation, diction and grammar. Mondays, 9-11 am

**Level II:** for intermediate students, focus on advanced grammar and sentence structure. Mondays, 10-11 am.

**Level III:** for advanced students, features reading and conversation. Mondays, 11 am – 12 noon.

**Stamps for Seniors:** 2nd and 4th Fridays, 9-11 am

**Ukulele Class:** Tuesdays, 10-11:30 am. \$5 suggested materials donation.

**Writing Group:** Mondays, 9-11 am

### Professional Services

Call 602-4650 for details on any of the programs below. All services free, until otherwise indicated.

**AARP:** Emphasizes how to adjust your driving in response to aging. Offered monthly for \$10. Call for a reservation.

**Blood Pressure Screening:** Tuesdays, 8:30-11 am. No appointment necessary.

**Cholesterol Screening:** Tuesdays, 8:30-11 am. \$3 donation requested. No appointment necessary. Requires fasting starting at midnight on the night before the test.

**Food Bank:** 3rd Thursdays, 2-3:30 pm for those who qualify.

**Glucose Screening:** Tuesdays, 8:30-11 am.

**HICAP Health Insurance Counseling:** 1st Fridays, 1-3 pm; 3rd Fridays, 1-3 pm; 4th Fridays, 9-11 am.

**Individual Dietary Planning:** 1st and 3rd Thursdays, 9:30-11:30 am. Registered dietician. Call for appointment.

**Legal Services:** Call for appointment.

**Transportation:** Available for shopping and medical appointments for Carlsbad residents, age 60 and up.

### Social Gatherings

**Congregate Lunch:** Delicious and nutritious, privately catered meals with friends. Monday-Friday, 11:45 am – 12:30 pm for ages 60 and up. Reservations must be made by 8 am on the date you wish to dine by calling 602-4655. Lunch served promptly at noon.

Transportation is provided for Carlsbad residents ages 60 and up. A \$3 donation is appreciated. Home meal delivery is available for homebound Carlsbad seniors. Call 602-4650 for information on home meal delivery, or to volunteer.

**Dances:** 1st Thursdays, 1:30 pm. Live Big Band music and refreshments. \$3 donation requested.

**Monthly Movies:** 2nd Thursdays, 1 pm. Free popcorn!

*Also see Senior Safari Excursions on following pages.*